

***First Baptist Beverly's Children and Youth Sunday School***  
***Spiritual Practice for November***  
***A Month of Gratitude***

In your Sunday School Supply Crate, you received (way back at the start of October) a small book, with all blank pages – a journal. If you have already done some writing or drawing in your journal, DO NOT WORRY! You can just add on to it using this spiritual/gratitude practice exercise OR you can do any of these daily reflections on another piece of paper, too.

BUT if you have your journal handy, you are invited to use it to join in a daily gratitude practice for the month of November (well, up until Advent – for the last week of the month, we have a new Advent daily activity!). There is a prompt or a suggestion to get you thinking for each day listed below. You are invited to spend a few moments each day writing or sketching about how you would complete this prompt and, as you do, to reflect on the ways and the spaces that you feel and show gratitude in your day to day life. We also include a short blessing for each day, that you can say in your head, read aloud, or ask a grown-up to read with you – however you would like to use this little prayer moment.

You might do one of these prompts every day, and that's ok! You might miss a day here and there, and that's ok! You might decide you want to do several on one day and then take a few days off, and that's ok! However you decide to use your gratitude journal time is perfectly ok and just right for you – so don't spend too much time worrying about whether you are doing it "right"!

This is an exercise JUST FOR YOU!

You will be invited to share from your Gratitude Journal on Sundays during our Zoom Class IF YOU WANT, but no one will have to share – so you can take risks, be creative, and spend some time each day trying out this Daily Gratitude Spiritual Practice in your life.

November 1<sup>st</sup> -           What does it mean to be grateful?

*Dear God, this is month when we think about giving thanks. Help us to be on the lookout for blessings all around us – sometimes so small we might miss this if we aren't looking! Amen.*

November 2<sup>nd</sup> -           Take a few moments and think of a person you feel grateful to know. Who is it? Spend some time writing or drawing about that person.

*Dear God, you give us the gift of each other for company, love, and support along the journey. We are so grateful for the gift of the people you bring into our lives. Amen.*

November 3<sup>rd</sup> -           What is something you are looking forward to?

*Dear God, you help fill our lives with many moments. Thank you for the ones that fill us with such hopeful expectation of goodness and of love. Amen.*

November 4<sup>th</sup> -           Go outside – or open a window and look outside if you cannot go out – and look around at God's beautiful creation. What is something outside for which you feel grateful?

*You give us this whole beautiful world to love, O God! We thank you so much for the many gifts*

*of your creation! Amen.*

November 5<sup>th</sup> - What is a happy memory you have for which you are thankful?  
*Loving God, thank you for the special moments that happen in our lives – and thank you for letting us go back and revisit some of our favorite ones from time to time in our memories! Amen.*

November 6<sup>th</sup> - What is an accomplishment of which you feel proud? What makes you feel grateful when you think of it?  
*Dear God, thank you for the unique gifts with which you gift us, and for the ways in which you help each of us shine in our own unique and beautiful ways. The world needs each of us in our beautiful and unique fullness – help me to live into that! Amen.*

November 7<sup>th</sup> - Write down or draw three blessings from your day for which you are grateful.  
*Thank you God for the moments of our days, and thank you, especially, for those extra special moments that fill our lives with extra blessings and love! Amen.*

November 8<sup>th</sup> - One thing to be grateful about is your unique ability to be a gift to others. Take a few moments to think about and then write or draw about ways that you help others.  
*Dear God, thank you for helping me to help others! Help me to be watchful for the ways that I am needed or that I can add my support. Amen.*

November 9<sup>th</sup> - Today, take a moment to think about a time when you needed help and someone was there to offer what you needed. Who was it? What happened? What did it feel like to receive someone's love, help, and care?  
*Dear God, thank you for allowing us to not only be helpers BUT ALSO to be open to receive the help and love and care of others. We are so thankful that you give us hearts that are open to receive help when we need it. Amen.*

November 10<sup>th</sup> - What are three things in your day for which you are grateful?  
*Thank you, God, for the gifts that came into my day today, and thank you for allowing me to notice them! Amen.*

November 11<sup>th</sup> - Is there a public service or organization for which you feel grateful (such as your school, the library, the fire department, the post office, etc.)? Which one did you think of and why?  
*Thank you, O God, for the people and places in our neighborhoods and community that support us, help us, and make our communities so special. Amen.*

November 12<sup>th</sup> - What is a book for which you are grateful?  
*Dear God, thank you for the books – the illustrations, the words, the stories, the poetry – that you help authors and illustrators and poets to create. Thank you for the stories that they help us to share and love! Amen.*

November 13<sup>th</sup> - Write or draw about a friend for whom you are grateful.  
*Loving God, thank you for the gift of friendship. Help me to welcome friendships into my life, and help me to be a friend, too, to those around me! Amen.*

November 14<sup>th</sup> - See if you can go out and take a walk around along your street or around your neighborhood (make sure you ask and/or go with an adult!). Look for 3 things on your walk that make you feel glad or thankful. What were they?  
*Dear God, thank you for the surprises and gifts that come into our lives all the time. Give us eyes to see and ears to hear them – and give us open hearts to savor it all! Amen.*

November 15<sup>th</sup> - Think about a teacher or mentor (someone who helps guide you or helps you learn or become who you are) in your life for whom you are grateful. Who is it? Write or draw a little about that person.  
*Thank you for teachers and mentors and guides, O God. Thank you for the gift of [the person you are thinking of] in my life. Amen.*

November 16<sup>th</sup> - This might be a surprising one – what is a mistake you’ve made for which you are grateful? (Maybe you learned something from it, or it ended up opening up a new possibility... try thinking about mistakes in a new way and see what happens!)  
*Loving God, thank you even for mistakes! Sometimes we forget that we are all human and making mistakes is something we ALL do...and it's part of how we can learn and grow. Thank you for allowing me the ability to learn from my mistakes and to grow in new ways because of it! Amen.*

November 17<sup>th</sup> - What is one thing you LOVE about your unique self and for which you feel grateful?  
*Thank you, God, for the unique and special gift of ME! Help me to keep growing into the person you are calling me to be. Amen.*

November 18<sup>th</sup> - Who is a family member for whom you feel grateful? What things about this person are you grateful for?  
*Dear God, thank you for the gift of our families – AND for the people in our lives who get to be just like family to us. Thank you for love that surrounds us. Amen.*

November 19<sup>th</sup> - Look around the room you are in. What 3 things do you see for which you feel grateful or that make you think of something/someone you are grateful for?  
*Loving God, thank you for the reminders all around us to find some moments of gratitude, every day. You are always ready to surprise us with gratitude! Amen.*

November 20<sup>th</sup> - Do you have a favorite song or a piece of music that makes you feel grateful or thankful? What is it? Write or draw about it a bit today.  
*For your prayer today, sing a little bit of your gratitude-inspiring song – whether out loud or just humming or singing in your head...let your heart sing! Amen!*

November 21<sup>st</sup> - What is someone or something that makes you feel safe?  
*Dear God, thank you for helping us to have the things and people we need to feel safe and secure in a sometimes-scary or lonely world. Help us to use our gifts to be a safe and loving presence for someone else, too. Amen.*

November 22<sup>nd</sup> - What is a tradition for which you are grateful?  
*Thank you God for the special traditions and the special moments of our lives and stories. Amen.*

November 23<sup>rd</sup> - Write or draw about 3 things from today for which you feel grateful.  
*Dear God, thank you for the special moments and places and people all around us and for the ways that we can be reminded that these can all bring blessings into our lives. Amen.*

November 24<sup>th</sup> - What is something about your church family for which you feel grateful?  
*Loving God, thank you for our church family at First Baptist Church in Beverly. Thank you for the ways that a church is made up of so many different people who come to feel so special to us. Amen.*

November 25<sup>th</sup> - What is something in your faith life or in the stories from the Bible for which you are grateful? Write or draw about a favorite thing about your faith or about a favorite Bible story or person.  
*Dear God, thank you for the ways that our faith can just keep growing and changing with us, our whole lives. Thank you for the gift of people from scripture, who had to learn and grow and change, just like we do! Thank you for understanding us. Amen.*

November 26<sup>th</sup> - Happy Thanksgiving! Write or draw about something happening in your life for which you feel thankful.  
*Dear God, we thank you for the ways – large or small – that moments of gratitude are woven into our days. We thank you for the gifts and blessings you offer us. We thank you for the gift of being able to help one another AND to receive the gifts of help and love and support when we need them. We thank you for the ways that we can connect with you through writing, drawing, music, laughter, nature, playing, silence – as many ways as there are people, you can find to connect with us all! Thank you God. Amen!*

You can pause in your gratitude practice before Advent starts on the 29<sup>th</sup> OR, if you have liked this practice, you can keep going, even without our list of ideas and prompts. You can just take a few moments each day to reflect and to notice what fills your heart, what makes you feel that grateful feeling, and then write about it, thank about it, draw about it, sing about it, pray about it – whatever you want! There is no right way to do a spiritual practice – you will find ways to make them your own!

WE are so grateful for YOU!

Shalom and love,  
Your First Baptist Sunday School Teachers

